

IRONMAN[®]

★☆☆ Lake Placid

RUN COURSE

- 26.2 Miles
- Two-Loop
- Lake Placid, New York



This spectator friendly 2 loop course passes by the downtown area four times! This incredible route features some spectacular tree-lined river scenery, coupled with lakeside running.

TURN BY TURNS

- Exit transition turning right on Main Street
- Right on Sentinel Road/Mill Hill
- Sentinel Road turns into Cascade Road.
- Left on Riverside Drive to turnaround #1 and back
- Upon returning to Main Street at the transition area, turn right on Lake Placid Club Drive and follow it to turnaround #2
- Go down Lake Placid Club Drive to Main Street
- Left on Main Street and back out for 2nd loop
- After turnaround on the 2nd loop, return to Main Street and enter the Olympic Speedskating Oval to finish

MM 1ST LAP MILE MARKERS

S SPECIAL NEEDS

MM 2ND LAP MILE MARKERS

B BODY MARKING

1 AID STATIONS

T TRANSITION AREA

